

Section 7

Be in Shape to Drive

Distractions

Vision and Hearing

Fatigue

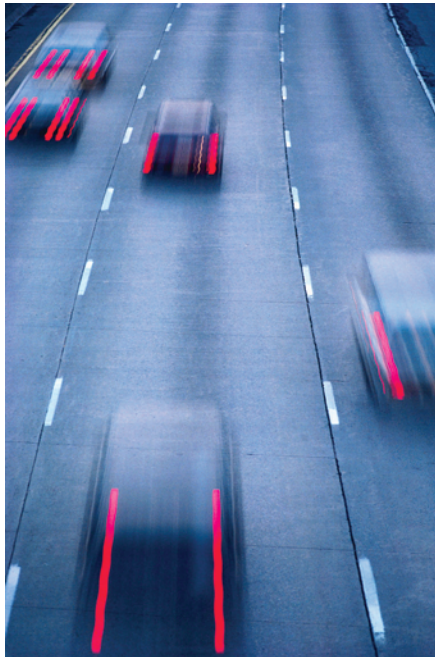
Drinking and Other Drugs

Open Containers

Health – Epilepsy, Diabetes, Heart Condition

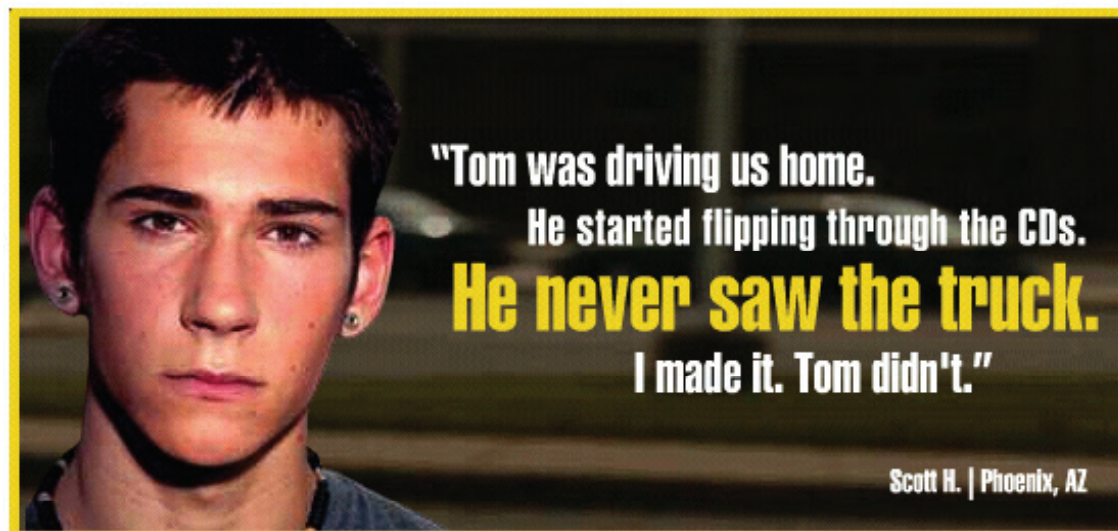
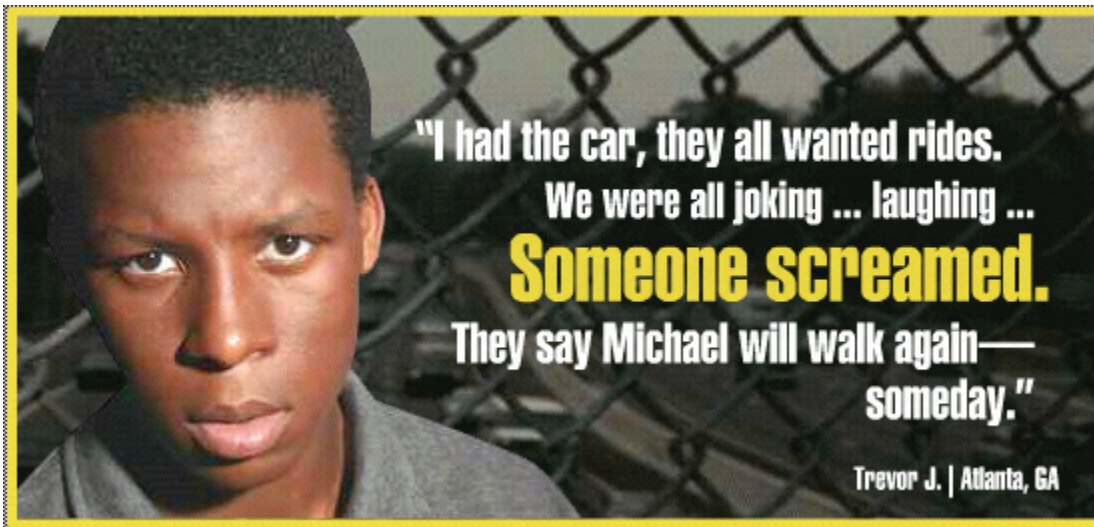
Emotions

Keep your eyes and attention on the road



It's crucial that drivers always be alert when on the road. Nearly 80 percent of crashes and 65 percent of near-crashes involved some form of driver inattention within three seconds before the event. Primary causes of driver inattention are distracting activities, such as cell phone use, and drowsiness.

National Highway Traffic Safety Administration (NHTSA) 2006



SMART DRIVERS JUST DRIVE

NHTSA 2006

<http://www.distracteddriving.org/>

DISTRACTED DRIVING

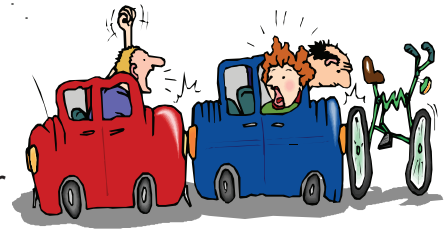
The human mind can only deal with one thing at a time.

- What we call multi-tasking actually isn't
- Your brain is dealing with one thing at a time, shifting between things very quickly

You risk a crash when you try to do something else while you drive and when you look away from the road ahead.

“I LOOKED BUT DIDN'T SEE”

Driving already requires skill and judgment to adjust speed, check traffic and avoid hazards. When you throw in another task, **LOOK OUT!**



AVOID DISTRACTIONS

- Plan ahead – check maps, music and vehicle controls before you drive
- Take care of phone calls, makeup and eating before you drive
- Wait until you get where you are going
- Pull over to the side of the road at a safe place and **STOP** if you need to do any of these things:
 - **Talk on a cell phone**
 - **Look at a map**
 - **Reach for something on the floor or backseat**
 - **Eat**
 - **Apply makeup or shave**
 - **Care for children or pets**
 - **Change a CD**
 - **Adjust vehicle controls**



**Keep your eyes on the road and
your hands on the wheel.**

VISION



Good vision is needed for safe driving. Driving decisions are based on what you see. You need to clearly see signs and other traffic. You need to look for bad road conditions and problems ahead so you can react in time to avoid a crash.

Montana law says you must pass a vision test with glasses or without them before you can get a driver license. You should have your eyes checked every two years by an eye doctor. If you need to wear glasses or contact lenses for driving remember to wear them when you drive.

Don't wear dark glasses at night.

Keep your windshield, mirrors, headlights and windows clear and clean.

Judging Distances and Speeds

Even if you can see clearly, you may have trouble judging distances and speed. It takes practice to find safe gaps in traffic to turn left, merge and change lanes.

HEARING

Hearing can be helpful to safe driving. The sound of horns, sirens or screeching tires can warn about danger. Drivers who know they are deaf or have hearing problems can adjust and be safe drivers. They learn to rely more on vision and to stay alert.

Drowsy ~ Sleepy ~ Tired = Fatigue

You can't drive safely when you are tired. You will not see well. You will not be alert. It takes longer to decide what to do and you may not make the best decision. Take breaks every two hours on long trips. Share the driving.



If you're yawning, drifting out of your lane or having trouble keeping your eyes open

-GET OFF THE ROAD!

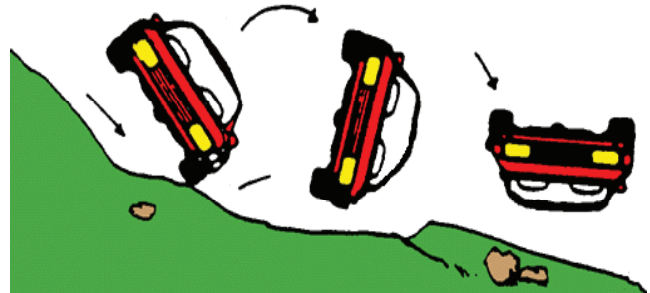
Go to the next exit or rest area

Park in a safe place - Take a nap

Get out of the vehicle and walk around

Drugs and Alcohol

Using drugs or alcohol before you drive affects how well you drive. You may not be able to react in time to avoid a crash. Your driving performance will be impaired.



Drunk and impaired drivers are the number one killer on Montana roads. Alcohol and drugs are involved in about 40 percent of traffic accidents.

In every state it is against the law for anyone under the age of 21 to drink alcohol. No one can drink alcohol and drive safely. Using marijuana and other drugs can affect how well you drive. You will make more mistakes. Even medicine for colds, allergies and drugs that your doctor tells you to take can affect how well you drive.

Drinking and Driving

Whiskey, beer and wine can make you drunk (**INTOXICATED**).
Any alcohol in your system will affect your driving.
If you drink and drive, you may **CRASH** and be **ARRESTED**.

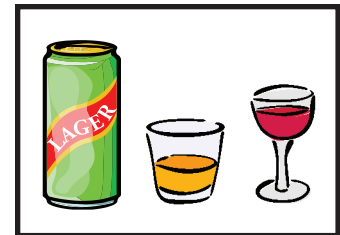


You may:

- **BE FINED**
- **GO TO JAIL; AND/OR**
- **LOSE YOUR LICENSE.**

Alcohol affects your vision, reaction time and judgment.

***One can of beer has as much alcohol as
one ounce of whiskey
or one glass of wine.***



Alcohol is eliminated from the body at the rate of about one drink in one hour

Coffee, fresh air and cold showers do not make you sober.



Only time can sober a person who has been drinking and it is a slow process.

DRINKING AND DRIVING KILLS



Drinking and Driving



People who drive after drinking alcohol or using drugs risk injury, death, heavy fines, higher insurance rates, loss of driver license and even jail sentences.

Alcohol and drugs reduce all the important skills you need to drive safely and control your vehicle. Judgment is the first skill lost by a driver under the influence of alcohol or drugs. Your reflexes and reaction time slow. You are less alert and can't see clearly. You will have trouble judging distances, speed and the movement of other vehicles.

If you have been drinking or have taken drugs, here is what you should do:

- Don't drive
- Call someone to pick you up
- Walk, take a bus, take a cab or stay where you are
- Lock your car and give the keys to a friend. Find a ride home with someone else. Come back and get your car when you are sober.



TIME - Only time will help you sober up. It takes about an hour for your body to get rid of each drink. Coffee, fresh air, exercise or cold showers will not help. You should not drive until you are sober.

OPEN CONTAINERS – Montana law prohibits the possession of an open alcoholic beverage container by a person in a motor vehicle. Put bottles, cans or open alcohol containers in the trunk or locked storage compartment.



HEALTH

Health problems can affect your driving – a bad cold, cough, virus, stiff neck or sore leg can affect how well you drive. If you don't feel well, try to get someone else to drive. Some health problems can be very dangerous.

EPILEPSY - If you have epilepsy, it needs to be kept under medical control.

DIABETES – People with diabetes should not drive if there is any chance of an insulin reaction or blackout. These things can happen if diabetics skip a meal or don't take insulin correctly. If your doctor is changing your insulin dosage, you should have someone else drive. Diabetics should have their eyes checked regularly for possible night blindness and other vision problems.

HEART CONDITION – People with heart disease, high blood pressure or circulation problems might have a higher risk of fainting. Ask your doctor if your heart disease can affect your driving safely.



EMOTIONS

Stress can lessen your concentration on the driving task. You may not be able to drive well when you feel worried, depressed, angry or afraid. Try to keep your mind on your driving.

Give yourself time to cool off if you are angry, excited or upset. If necessary, take a short walk, but stay off the road until you have calmed down.

Give yourself extra time for your driving trip. If you are impatient or road conditions are bad, leave a few minutes early. When you have plenty of time you may not tend to speed or do other things that can get you a traffic ticket or cause a crash.



REMEMBER - Safe driving requires judgment and skill

- **Stay focused on the road**
- **Don't daydream**
- **Don't drive if you are tired**
- **Share the driving responsibilities on long trips**
- **Emotions can interfere with safe driving**
- **Avoid driving when angry or upset**
- **Wait until you have cooled down or resolved problems to drive**
- **Avoid "gawking," or slowing down to look at a crash or other activity**

SELF TEST Section 7 – Be in Shape to Drive

Directions: Choose only one answer

1. Your body gets rid of:
 - a. three (alcoholic) drinks an hour.
 - b. one (alcoholic) drink an hour
 - c. two (alcoholic) drinks an hour
 - d. none of the above

2. To help relieve fatigue on a trip, it would be a good idea to:
 - a. stop for a rest every two hours
 - b. do arm exercises every hour
 - c. drive with one eye open at all times
 - d. change feet on the gas pedal

3. The main reason why drinking alcohol and then driving is so dangerous, is that it affects your:
 - a. coordination
 - b. vision
 - c. judgment and skill
 - d. reflexes

4. Stress can affect your driving by:
 - a. lessening your concentration on the driving task
 - b. decreasing your chances of an accident
 - c. causing you to go to sleep at the wheel
 - d. making you more aware of others around you

5. What is the number one killer on Montana's roads?
 - a. poor or unkept roads
 - b. inclement weather/driving conditions
 - c. drunk and impaired drivers
 - d. excessive speed

6. Explain how one can avoid driving while fatigued
- get a good night rest
 - preplan your trip and share the driving
 - stop and take a break every two hours or so
 - all of the above
7. The first skill lost by a driver under the influence of alcohol is
- confidence
 - reaction time
 - judgment
 - braking
8. Alcohol is removed from your body:
- by exercising
 - by time only
 - by drinking lots of coffee
 - by taking a cold shower